

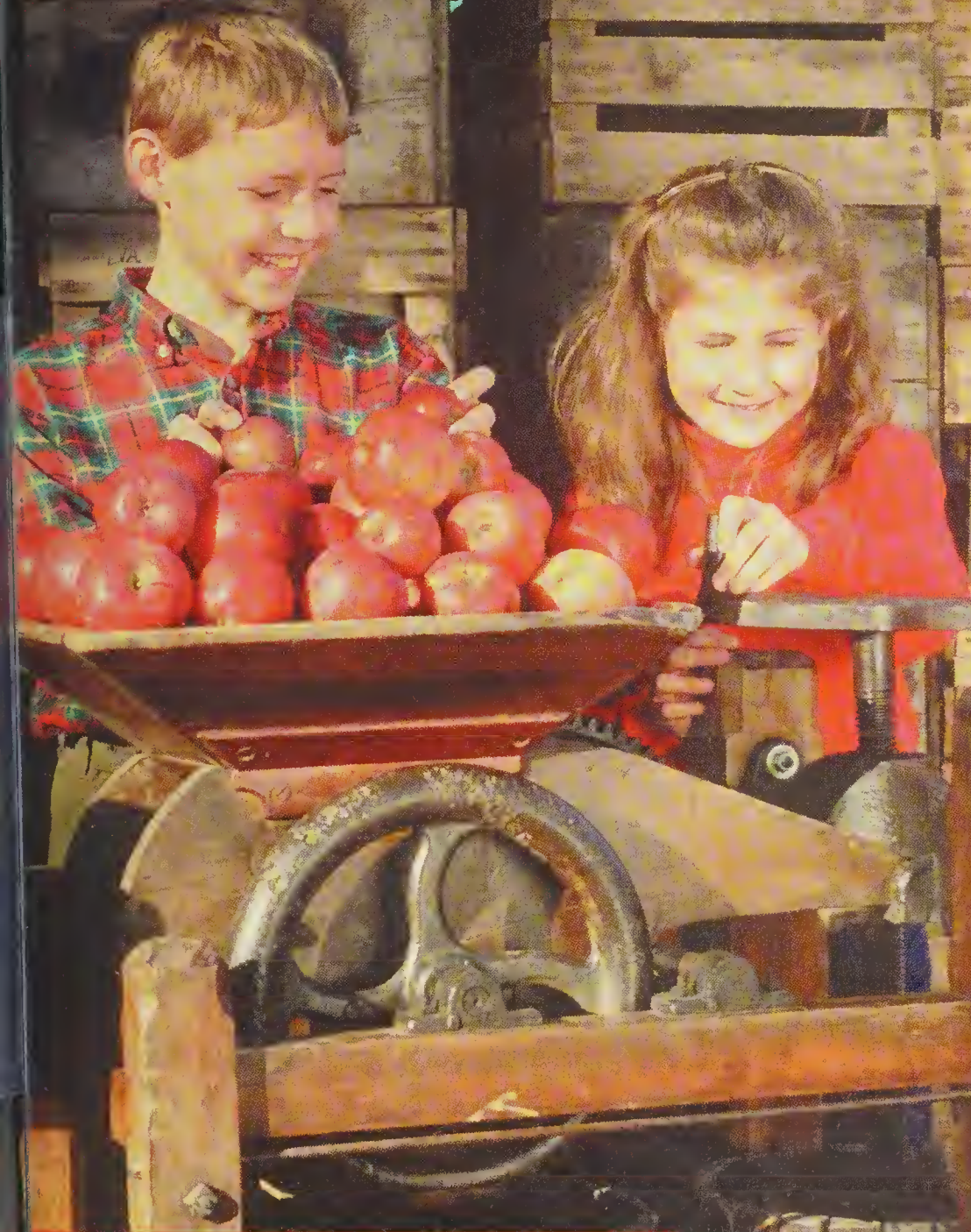
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# carolinacountry

the monthly magazine of north carolina's electric cooperatives

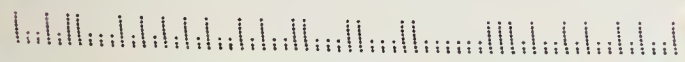


## Holiday gift guide



Volume 29, No.11, November 1997

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We're looking for your 1998 predictions! Page 7



# What Would You Do With An Extra \$3,600 to \$12,000 per year?

## How to Get a Fast Mortgage Loan To Pay Off All Your Bills\*\* (Even If You've Been Turned Down By A Bank Or Mortgage Company)

**Rockingham, N.C.** - Ray and Becky were frustrated. They'd bought the house 12 years ago and it was five years old when they moved in. Becky laughed out loud when she thought back to that time. Back then it seemed so big and beautiful. But now, 12 years and 3 kids later, the house felt small and run down. The house needed a new roof and her two youngest girls, Emily and Katie, were doubling up in the small 10 x 12 bedroom.

Five years ago, Ray and Becky had a contractor come and talk to them about a new addition. Becky remembered how excited she and Ray both were. They even paid to have the plans drawn up. But that was the year before Ray lost his job at the plant. She poured herself another cup of coffee and recalled how depressed they both were. It was over a year before he got another job. And during that time, they got behind on everything.

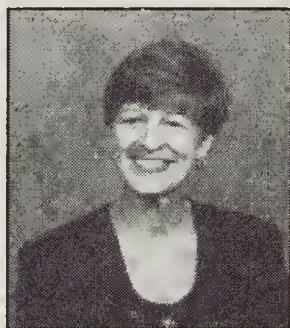
### No Summer Vacation

They were so strapped for money one summer, they couldn't even take Emily and Katie to the beach for a few days for their annual vacation. Sure they finally got all caught up when Ray went back to work, it took them two years and by that time it had ruined their previously perfect credit record, it was a vicious cycle. You know, getting paid on Friday, sitting down on Saturday to pay bills and running out of money before all the bills are paid.

### "I Hit A Brick Wall"

After they got caught up they tried again to borrow the money for the addition. First they got turned down by the local bank, then a mortgage company in town rejected them. They just kept hitting the same brick wall. Even though Ray had gone back to work in another carpet mill making MORE money, the late payments that showed up on his credit reports scared the local banks and mortgage companies away. Ray felt like he was working JUST to pay his monthly bills and doing nothing for himself, Becky or the kids. Then he ran into Harvest Mortgage Company. Harvest helped him get a loan to pay off all his bills and consolidate everything into one single payment that was \$358 lower than he had been making. That saved him a whopping \$4,296 per year, TAX FREE. In the first year, that was enough money to close in the back porch, AND enough left over for new bikes for the kids.

### Home Equity is the Key



**Carole Eskew, Sr., V.P.**

"If you have a minimum of 20% equity or more, there's a good chance we can help you save a lot of money every month by combining old bills and your old mortgage into one

new and much lower payment. Or, we can help you get cash out of your home to buy a vacation home, start a business, whatever."

Compare your budget to this:

| Amt.     | Owed         | Payment              |
|----------|--------------|----------------------|
| \$12,000 | 2nd Mortgage | \$200. <sup>00</sup> |
| 8,500    | Auto Loan    | 375. <sup>00</sup>   |
| 2,000    | VISA         | 100. <sup>00</sup>   |
| 2,000    | MasterCard   | 100. <sup>00</sup>   |

**\$25,000 Current Payment \$775.<sup>00</sup>**

**-After Harvest Mortgage -**

New Payment: \$187.<sup>82</sup>/mo.

APR 9.077% / 30 yr. term

**You Save: \$587.<sup>18</sup>/mo., \$7,046.16/yr.**

*\* Rates subject to change*

"I couldn't believe it. We closed our loan 9 days after the first day I talked to them on the phone."

*Debbie C., Dallas*

"We ended up paying off all our bills and rolling them all into one single payment. After we did, our total monthly payments dropped by almost \$400 per month."

*Billy and Judy., Columbus*

"Thanks to you and your great company, we feel reborn. Words can not express the relief we feel. We are so glad this battle with the bills is almost over."

*James and Laurie C.*

### Recent Loans Include:

- A \$45,000 loan to a borrower in bankruptcy.
- A \$100,000 loan to a borrower who couldn't verify income through tax returns.
- A \$95,000 bill-consolidation loan that saved the borrower over \$8,100 per year and a whopping \$124,000 over the loan period.  
(No singlewides, please)

### No Ivory Towers

"When you apply for a loan at Harvest Mortgage, your loan request is reviewed and decided upon by the people right in our office," says Harvest executive. He added, "Since we are direct lenders, we don't send the information to some guys off somewhere in New York or California. We review and approve loans right here in town locally."

### Fast Approval and Closing

That means we can get your loan closed in a matter of days, and you never have to go out of your living room until you're ready to close.

### Loan For Purchase or Refinance

Harvest Mortgage officials report that whether you are buying, refinancing a house, just looking to consolidate some bills, get cash out of your property, they have created programs to give you the money you're looking for.

Different loan programs include:

- Loans to Borrowers with good credit, with the most competitive rates in the country. These are available for purchasing a new home or refinancing.
- Loans to borrowers with a lot of equity. Homeowners who have slow credit or have even been bankrupt.
- Cash out loans for investment property with a lot of equity.
- Loans for borrowers who want to do additions or remodel their homes.

### Check This Out For Free

To see how much money you may be able to get and exactly how much your payments would be, you can check it out by just picking up the phone and calling us. Be sure to ask for Carolyn K. 1-800-972-LEND (5363). Or for a FREE report on HOW Harvest Mortgage can work for you, call toll-free 1-888-697-LOAN (5626) for a 24-hour recorded message. All of this doesn't cost you a thing, so you owe it to yourself. Don't put this off any longer. Do it now while you're thinking about it! You have nothing to lose and everything to gain. Call Now!

### Harvest Mortgage Company Mortgage Bankers

North Carolina Residential Mortgage Licensee

\*\*Subject to Qualification

**1-800-972-LEND (536)**



# carolina country

## Features

### HOMEMADE IN CAROLINA COUNTRY

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On the Cover  
North Carolina natives.

©Chip Henderson/  
Picturesque



# carolina country

(ISSN 0008-6746)

Read monthly in more  
than 370,000 homes

Volume 29, No. 11, November 1997



Official Publication of  
North Carolina's Electric Cooperatives  
(800) 662-8835

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 700,000 homes, farms and businesses in North Carolina. The 28 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Member  
Audit Bureau of Circulations

Carolina Country® is published by the North Carolina Association of Electric Cooperatives, Inc. Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Phone: (800) 662-8835, ext. 3110. Carolina Country is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

Postmaster: Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

Individual subscriptions, \$8 per year.

To change address, send magazine mailing label to your electric cooperative.



Printed on recycled paper



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Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (800) 662-7726.

#### Do you receive Carolina Country? Has your address changed?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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## STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

Required by 39 U.S.C. 3685

**Title of Publication:** Carolina Country

Publication Number: ISSN 0008-6746

**Filing Date:** September 23, 1997

Issued monthly, 12 times annually.

Subscription price is \$3.50 for members, \$8.00 for non-members. Mailing

address of office is P.O. Box 27306,

Raleigh, N.C. 27611-7306 or 3400

Sumner Blvd., Raleigh, N.C. 27616,

Wake County. Publisher is North

Carolina Association of Electric

Cooperatives, Inc., P.O. Box 27306,

Raleigh, N.C. 27611-7306. Editor is

Michael E. C. Gery, P.O. Box 27306,

Raleigh, N.C. 27611-7306. Owner is

North Carolina Association of Electric

Cooperatives, Inc., P.O. Box 27306,

Raleigh, N.C. 27611-7306. There are no

other owners or bondholders. The pur-

pose, function and non-profit status of

this organization and the exempt sta-

tus for federal income tax purposes

have not changed during the preced-

ing 12 months.

**Circulation:** Average number of copies  
each issue during preceding 12

months, also actual number of copies  
of single issue published nearest to fil-

ing date. (September 1997). Total

copies: Average 370,272 (September

383,473). **Paid Circulation:** Sales

through dealers and carriers, street

vendors, counter sales: None. Mail

subscriptions: Average 362,931

(September 375,234). **Total Paid**

**Circulation:** Average 362,931

(September 375,234). **Free**

**Distribution by mail carrier, or other**

**means, samples complimentary and**

**other free copies:** Average 7,081

(September 8,000). **Total Distribution:**

Average: 370,272 (September 383,473)

**Copies Not Distributed:** Office use,

leftover, unaccounted, spoiled after

printing: Average: 260 (September

239). Returns from news agents: None.

**Total:** Average number of copies each

issue during preceding 12 months:

370,272 (September 383,473).



NEW

# NordicTrack Reinvents Exercise ...again

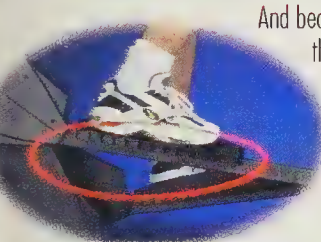
## The Shape That Changes Everything...

From NordicTrack, America's Fitness Leader for over 20 years, comes a machine as new as tomorrow yet as familiar as an old friend. An exercise that feels as **noturol and easy as breathing**. An innovation so advanced, it makes this one machine perhaps the only machine you'll ever need. Introducing the Ellipse™ total-body exerciser by NordicTrack — The Shape That Changes Everything.

## The Shape That's Better for Your Body

Regular exercise can pay huge dividends for life. Unfortunately, the impact on joints from working out with aerobics, treadmills, steppers and other ordinary fitness machines can cost your body dearly — contributing to hip stress, knee strain, aching ankles and sore feet over the course of time.

With the Ellipse, you get a walking, running, stepping, climbing, pushing, pulling workout that won't work over bones and joints. The secret is the **revolutionary elliptical motion of the Ellipse**. Ergonomically designed, the pedals move in a smooth, oval orbit that **simulates the noturol human stride**.



Actual time-lapse photo showing elliptical motion

And because your feet never leave the extra-wide pedals, there's virtually **no impact** to injure your joints. Your workout will feel **comfortable and noturol** from the first step.

## A Superior Total-Body Workout

With the Ellipse, you get a terrific lower body workout for calves, thighs and buttocks. But the Ellipse gives you an **extro advontoge** that lower body only exercisers just can't match. That's because the Ellipse offers both forward motion to isolate quads and hip flexors, plus backward motion for glutes and hamstrings! And of course, because the Ellipse is from NordicTrack, you also get our famous upper body advantage with arm poles that help you work your arms and shoulders while you build a firm chest and back. Plus, on Ellipse workout is weight-bearing exercise, and weight-bearing exercise helps build bone mass which can help **prevent osteoporosis**.

In addition, regular workouts with the Ellipse will help you **burn calories**, that, combined with a sensible, low-fat, reduced calorie diet can help you lose extra pounds and inches.

## Exercise That's Fun is Exercise That Gets Done

Despite all the good intentions in the world, it's difficult to exercise if it's not enjoyable. Now there's a new exercise machine that you'll love to use — and use often.

Because your feet never strike a hard surface, the **whisper-quiet** Ellipse minimizes strain on your joints. Plus, there's no learning curve, coordination or fancy moves required. Your workout is virtually **as easy as putting one foot in front of the other** — just like walking or jogging — without the harsh realities of concrete. And because the fluid elliptical motion matches your noturol stride, you can **work out longer, with less boredom**.

## Stress the Positive with Energy to Spare — for Life!

Like money in the bank, regular workouts on the Ellipse can help provide you with the **energy** reserves you need to keep up with the kids, take your best shot on the ball field or golf course and still come back for more. Working out also helps **release tension and stress** so you feel more relaxed. Plus, working out can release endorphines — noturol brain chemicals that can improve your mood and **boost self confidence** to help you cope better with everyday stress.

## Seeing is Believing...

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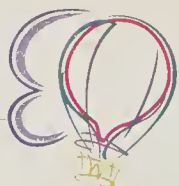
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## One man can personify the entire cooperative program

by Matthew Grant

An era has ended at Roanoke Electric Cooperative and the area it serves here in northeastern North Carolina. When Eugene W. Brown Jr. retired as the co-op's general manager last month, an era marked by 27 years of unparalleled service to the cooperative program came to a close.

Gene Brown and I began with Roanoke at the same time. The summer I was elected to the board in 1970, Roanoke Electric hired him as Member Services director. We have worked together side by side every month since then for 27 years. I have seen him promoted all the way to general manager in 1981. We have traveled together to so many business meetings and local events that I don't even want to think about it.



Eugene Brown

No one could have managed our cooperative better during this era than Gene Brown. He understands these communities perfectly, which meant that he could work with an elected board that represents the membership, a staff, and an electric distribution system that suited the requirements and goals of all the families, farms and businesses in the seven counties we serve.

He is one of the fairest, most honest, most disciplined and devout men I have ever known. These are qualities that not only benefited this cooperative and our communities, but also represent the spirit of cooperatives in general.

Throughout my time as a co-op board member, I have seen that it is because of employees and leaders like Eugene Brown that co-ops are successful and trusted by their members.

I certainly wish Mr. Brown a wonderful retirement when he can enjoy the family, farm and community he loves so well. And I certainly welcome our new general manager, Mr. Curtis Wynn. But I will miss Gene Brown very much, and I know I speak for the other members of our board and the co-op employees as well.

In my view, Eugene Brown Jr. embodies the very soul of cooperatives.

*Matthew Grant is president of the board of directors, Roanoke Electric Cooperatives. The cooperative serves more than 13,500 members in Hertford, Bertie, Northampton, Halifax, Gates, Chowan and Perquimans counties.*



Matthew Grant

## Black Ankles

A few readers have said that we mistakenly placed the Black Ankle community in north Cleveland County ["From Cats Square to Hanging Dog," September 1997] in Don Blevins' digest of how some North Carolina communities acquired their names.

It turns out that there are at least three Black Ankles, and one evidently IS in Cleveland County. Here's what writer Don Blevins said about that one: "Some believe the name refers to a strip of dark, fertile soil that left farmers' ankles black after a day of plowing. There is a local story that the village was named for a section in Randolph County, where moonshiners operated. The bootleggers would set fires throughout the area to prevent lawmen from finding their stills. The term 'black ankle' came about when moonshiners walked through the ashes of old fires to set new ones."

William S. Powell reports in the "North Carolina Gazetteer" that Black Ankle in Robeson County refers to a strip of dark fertile soil there, and that Black Ankle community in south Randolph County carries the moonshiners story. He lists the Cleveland County community but doesn't say anything about its name's origin.

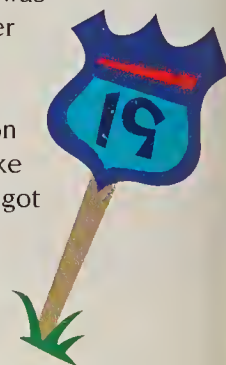
So while we were marveling that there are three places in this state named Black Ankle, we got the following letter.

## Where is this place?

Black Ankle? Cleveland County? Never heard of it, even though I have lived in the area referred to for 71 years. The correct name is Dirty Ankle and we finally have a street name, along with addresses, to prove it.

Now if you are wondering exactly where is Dirty Ankle, I can use my daughter's explanation to help clear it up. When she was at Appalachian State University, a very somber instructor had the class members tell where they were from. My daughter said, with some pride, that she was from Dirty Ankle. The instructor peered at her rather quizzically and asked, "And where is that?" To which she promptly and proudly replied, "Just below Crusty Knee," whereupon the entire class, including the instructor, broke into uncontrollable laughter and Dirty Ankle got its moment of fame.

Adene Hicks  
Lawndale (suburbs of Dirty Ankle)



## Themes and Deadlines

### January

Nothing Could Be Finer  
Predictions for North Carolina in 1998  
What do you think will happen in our state in 1998?  
Deadline: Nov. 25

### February

The Finest Place to Live in North Carolina  
Deadline: Dec. 15

### March

The Finest "Furniture" I Ever Found  
Tell us about that "find" and how you found it.  
Deadline: Jan. 15

### April

The Finest Joke I Ever Heard  
(This will be fun.)  
Deadline: Feb. 15

### May

The Finest North Carolina Vacation I Ever Had  
Where, when and what happened.  
Deadline: March 15

### June

The Finest Job I Ever Had  
Where was it, why was it so good?  
Deadline: April 15

### July

The Finest Meal I Ever Had  
We're talking North Carolina food here.  
Deadline: May 15

### August

The Finest Lesson I Ever Learned at School  
Any grade, any school.  
Deadline: June 15

### September

The Finest Pictures of North Carolina,  
a photo contest.  
North Carolina people and places.  
Color or B&W.  
Deadline: July 15

### October

You're So Fine: Why I Like My Electric Cooperative  
What does your electric cooperative mean to you?  
Deadline: August 15

### November

The Finest North Carolina Gift You Can Give  
(Made in North Carolina.)  
Deadline: Sept. 15

### December

The Finest Story in North Carolina History  
Historical truths, humorous or otherwise.  
Deadline: Oct. 15

# Nothing Could Be Finer...

*Carolina Country will introduce a new monthly series in January that will publish North Carolina's finest stories and pictures: YOURS.*

Each magazine in 1998 will carry a theme. You are invited to submit stories and pictures related to the theme. Carolina Country will select the best four or five for publication and pay \$50 to each one selected.

We think these will be some of the best-read pages in the magazine.

## Your Predictions for 1998

What are your best guesses for what will happen in North Carolina in 1998. Send us your predictions. We'll publish the keenest, wisest, most clever, most clear-eyed predictions. Then by the end of the year, we'll see who came closest to clairvoyance.

DEADLINE: Send yours by November 25.

## The Rules

1. 200 words or less.
2. Only one entry per household per month.
3. Diskette, e-mail, or typed, if possible. Otherwise, make it legible.
4. Include your name, electric co-op, mailing address and phone number.
5. Deadlines are firm.
6. Entries will be returned only in self-addressed, stamped envelopes. (We will not return others.)
7. Judges decisions are final.
8. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. E-mail: carolina.country@ncemcs.com

## Hummingbird feeding season

Dorothy Westlake of Seven Devils in Watauga County called us to suggest that we remind readers to clean their hummingbird feeders before storing them for the winter. Otherwise, she says, the sugar-water tube will mold inside. She uses a bottle brush made for cleaning coffee pots.

We found a very informative World Wide Web site dedicated to hummingbirds, made by Lanny Chambers Creative Services. The address is: <http://www.derived.com/hummers>

That site offers plenty of advice on caring for feeders, but also contains the following suggestion about retiring the feeder for the winter (reprinted with permission):

*"Hummingbirds will not delay migration if a feeder is present; they are driven by forces more powerful than hunger. If you live in the southeastern U.S., leaving a feeder up might attract one of the western hummers that visit the region in small numbers every winter."*



# DO TODAY'S ELECTRIC HEAT PUMPS HEAT BETTER OR COOL BETTER?

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*To Carolyn Slack, It's About Even.*

*Cooperative Member*

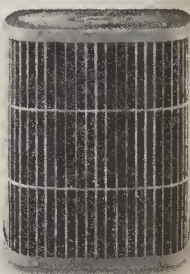
*Mrs. Carolyn Slack*

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cold spots in winter — just a  
nice, even temperature all  
year long."*

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it'll give you a nice, warm feeling inside



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# This is the house that Jack built.



Jack loves the country. He made his home here.  
He raises livestock and pets and has kids with 4-H projects.

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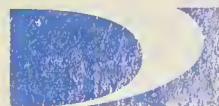
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# More Power to You

## Electricity Restructuring

### Sound bites from the "Power Summit"

The "Power Summit" held in Winston-Salem Sept. 2 [Carolina Country, October 1997] was the fullest public discussion to date of the issues surrounding restructuring North Carolina's electric utility industry. It attracted more people – an official count of more than 800 — than any similar discussion held in the nation, and included presentations by top officials in industry, government, business and consumer affairs.

The North Carolina Electric Membership Corporation was a co-sponsor of the forum, hosted by Congressman Richard Burr of Winston-Salem. Position statements submitted for the forum can be seen on the World Wide Web at [www.PublicForumInstitute.com](http://www.PublicForumInstitute.com).

Some of the points raised by speakers, panelists and those in the audience appear paraphrased below.

As New Hampshire began a pilot program offering all consumers a choice in their electric utility provider, about 30 companies began seeking the business of the state's 1.2 million consumers. — *Stephen Merrill, former New Hampshire governor*

Supply and demand in the electricity marketplace will provide incentives for investors to invest in new generation and transmission facilities. — *Lisa Crutchfield, vice president for planning, Duke Energy*

"We are looking for a policy that is better than the one we have." — *William Johnson, vice president, Carolina Power & Light*

All consumers should receive equal electric service. . . . In today's deregulated air travel industry, in many places, a rural airline passenger is called a motorist. — *Chuck Terrill, CEO, North Carolina Electric Membership Corp.*

When the government gets involved, prices go up and supplies go down. Competition will improve the reliability of the supply of electricity . . . If a new pill is developed that can cure an incurable disease, the government should not step in and prevent that pill from being marketed and distributed. — *Steven Kean Sr., vice president for regulatory affairs, ENRON.*

(In response to Mr. Kean's statement):  
Whoever did all the research and development of the new pill should be credited and compensated for

the investment they made in coming up with it in the first place. — *Charles R. Tolley, manager, French Broad Electric Membership Corp.*

"Free, unfettered competition was what brought about government regulation in this industry. We must be careful about tearing down these protections. . . . In competition, there are always winners and losers. Winners usually are those with the most clout." — *Mary Odom, N.C. Consumers for Affordable, Reliable Electricity*

Research in Texas showed that customers are willing to pay more for their electricity if they know some of it is produced by renewable, non-polluting methods. — *Larry Shirley, executive director, North Carolina Solar Energy Center*

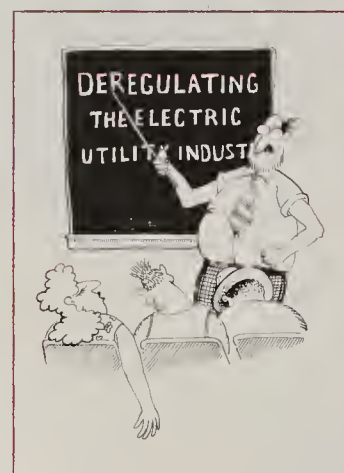
The N.C. Utilities Commission will study, among others, issues of reliable service for all consumers, and consumer protection issues such as anti-competitive structures, unfair billing systems and service discrimination. — *Allyson Duncan, commissioner*

The federal government is likely to require that a reliable source of electricity be available to all consumers. — *Kyle Simpson, senior advisor, U.S. Department of Energy*

### Utility deregulation: define your terms

**Bundling:** The combination of generation, transmission, and distribution services into a packaged whole that is sold at a single rate to customers.

**Unbundling:** The separation of the various components of electricity production, shipment, and service in order to introduce greater elements of competition to these segments of the industry. "Functional unbundling" would require monopolistic utilities to provide access to their transmission and distribution network in exchange for an access fee. "Structural unbundling" would require complete vertical disaggregation such that monopolistic utilities would be required to divest either their generation assets or their transmission/distribution assets.



Basil Leifnick





The cast and crew of the 1997 Pole Top Rescue Competition.

## French Broad EMC lineman runs the best rescue drill

Rocky Fleming of French Broad Electric Membership Corporation in September rescued a stranded mannequin on a utility pole better than 25 other co-op linemen.

But all 26 linemen in the biannual Pole Top Rescue Competition can run this amazing feat of speed, strength, agility and safety know-how. Each won the pole-top rescue event at regional events earlier in the year.

Participants are judged on strict adherence to safety rules and speed. After noticing the simulation of a man stranded on a pole top, each lineman in turn radios an emergency call from a bucket truck, dons climbing gear and a tool belt, scales a 35-foot utility pole, lowers a 180-pound dummy to the ground and performs lifesaving procedures.

Rocky Fleming's winning time was an impressive 1:38.22. (The first place winner in 1995 came in at 2:01.) He won the \$500 first prize. Fleming also placed in the top five in the 1985 and 1987 contests.

Prizes also went to the next four best finishers: Kim Lathan, Lumbee River EMC, 1:43.12; Leonard Person, Tri-County EMC, 1:47.06; Robert Owens, Davidson EMC, 1:50.16; Dean Stone, Union EMC, 1:50.47.

The competition is sponsored by the Job Training & Safety Department of the N.C. Association of Electric Cooperatives.



Rocky Fleming and "Kool."

## Eugene Brown has been a community fixture

Eugene W. Brown Jr. retired as general manager of Roanoke Electric Cooperative on Oct. 15. He began at the cooperative on August 17, 1970 as director of Member Services after a few years of farming and working with the Choanoke Area Development Association. The co-op promoted him to administrative assistant, then assistant manager, then in 1981 to general manager, when he succeeded Vernon E. Taylor, who had worked with the co-op 40 years.

He is a native of Rich Square, where he lives today with his wife of many years, Opal. They have two adult children: Eugene III and Elena; and one grandchild, Eugene IV.

Brown earned a B.A. in political science from the University of North Carolina at Chapel Hill. He has been



very active in the Rich Square community and the Roanoke-Chowan area. He served as mayor of Rich Square and on its board of commissioners, as well as with many regional organizations. He is also a member of the Rich Square United Methodist Church where he teaches Sunday School and chairs its administrative counsel. He was instrumental in the organization of the Citizen Help Assistance Program (CHAP), which is known today as the Roanoke Amaranth.

Eugene Brown held top officer and director positions with the North Carolina Electric Membership Corporation, the North Carolina Association of Electric Cooperatives and the Tarheel Electric Membership Association. He also was active in the Cooperative Council of North Carolina where he served as president.

Since taking the helm the cooperative, Brown has seen it grow from 1,855 miles of energized lines to 2,015 miles, from 11,800 services to 13,500, \$9.1 million total assets to \$32.8 million. Under his leadership the cooperative built four substations and upgraded the system to ensure service reliability.



# FEELING OVERWHELMED?

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Does your budget look something like this?

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|-----------------------------|-----------------|
| \$34,500 Mortgage           | \$485.00        |
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| 1,500 MasterCard            | 85.00           |
| 1,500 Visa                  | 75.00           |
| <b>\$45,000 Old Payment</b> | <b>\$955.00</b> |

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| \$55,000 | Payment | \$403.19 |

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- ✓ Self-Employed

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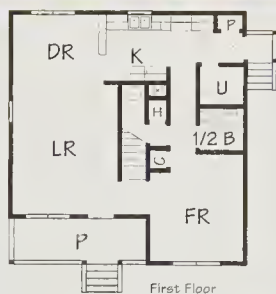
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# CAROLINA COUNTRY



Holiday gift ideas  
with a Tar Heel touch

1997 Gift Guide





## NATIVE NORTH CAROLINA WINE

Duplin Wine Cellars pioneered North Carolina's wine revival in 1972. These wines are made from the native muscadine grape, the scuppernon, known for its quality in wine since the mid-1500s. Reds, whites, and sparkling champagnes, plus alcohol-free wine and jellies. Available at your wine merchant or from the winery in wooden gift boxes with N.C. illustrations: three bottles for \$28.50, one bottle for \$12, 12-bottle case for \$52, three bottles and cardboard gift box for \$18, three alcohol-free bottles for \$21.85.

*Duplin Wine Cellars*  
Rose Hill  
(910) 289-3888



## SWEETPOTATO POTATO CHIPS

The only sweetpotato potato chip made in North Carolina. The Radical Roots chef has charged the state's official vegetable with new excitement. It's a different, lightly-salted snack with natural beta-carotene and dietary fiber. Crunchy and colorful. "Get your potato off the couch, and get Radical!" Ask your grocer for Radical Roots Sweetpotato Chips, or write to Matt Schultz at

*Radical Roots*  
Box 549  
Kenansville, NC 28349

## FLAVORS OF LONG AGO

They call them "authentic antique foods" that bring back the flavors of the days "when life was slow and simple, and when true, genuine goodness was

taken for granted." It's a complete line of foods and mixes from the Old South, including shortenin' bread, spoonbread, buckwheat cakes, white milk gravy and more. Available individually or in over 25 different gift assortments. Call for a free brochure.

*Old School Mill*  
Albemarle  
(800) 330-6557



## COUNTRY HAMS AND SMOKED TURKEYS

Johnston County Hams says, "Send us your gift list and let us do the rest." They have whole uncooked country hams, whole cooked country hams, half-spiral sliced honey hams and smoked whole turkeys and turkey breasts. To guarantee holiday delivery,

place orders by December 8.

*Johnston County Hams*  
Smithfield  
(800) 543-HAMS



## AUNT RUBY'S PEANUTS

The pride of Enfield, Aunt Ruby's Peanuts make a perfect gift. Protein, vitamin B, high food energy. Great for a snack, gift or fund-raising item. Call for a catalog, or see

Aunt Ruby's products on the Web at  
[www.auntrubyspeanuts.com](http://www.auntrubyspeanuts.com)

*A&B Milling Co.*  
Enfield  
(800) 843-0105





### LIZARD LICK CANDIES

They actually originate in Lizard Lick, N.C. (pop. 271). Peanut Nuggets, Orange Slices, Lemon Drops, Peach Delights. A novel and tasty addition to gourmet gift baskets, fruit baskets and in-store product sales. Retail and wholesale inquiries only.

Lizard Lick Candy Co.  
Lizard Lick  
(800) TRY LYLE



### HERBS, SCENTED GERANIUMS, DRIED FLOWERS

From gardens planted in 1981 come these distinctive herbs, herb plants, scented geraniums, herbal products and dried flowers. Gift arrangements range from popcorn bundles and pepper strings to hanging garland and garden-planting sets. Visit the display gardens and shop located near I-95 between Falcon and Spivey's Corner. Color catalog is \$3. On the Web at [www.alca-soft.com/rasland/](http://www.alca-soft.com/rasland/)

Rasland Farm  
Godwin  
(910) 567-2705

### HANDMADE MORAVIAN COOKIES

You can see and smell these cookies rolled and cut by hand and baked just as the Moravians did in the 1770s. (Call for an appointment.) Otherwise they'll send you a free brochure and ship your order. Ginger, sugar, chocolate, lemon, butterscotch and black walnut. Half and full pound bags, tubes and tins. \$4 to \$12 each.

Mrs. Hanes' Moravian Cookies  
Clemmons  
(910) 764-1402



### TEXAS PETE® AND GARNERS GIFT BOXES

Since 1929, Garners have been making sauces in Winston-Salem. The Texas Pete® line began when they needed a name that said "hot and spicy" (and included Samuel Garner's son's nickname). Today the variety of sauces includes hot, seafood cocktail, honey mustard and buffalo wing. The family began making the jams and jellies during



WWII for Fort Bragg soldiers. Holiday gift boxes available. Call for pricing and selection.

T.W. Garner Food Company  
Winston-Salem  
(910) 661-1550



CHUTNEY  
MADE  
BY CHICKS  
The Chutney Chicks bring chutney from yesterday to now. For one thing, they add

a touch of heat to the sweet, bland taste of past chutneys. Gift boxes contain three to five jars from the selection of peach, apple, mango, pineapple and cranberry. You can get wooden gift boxes such as the Bluebird House, the Birdfeeder and Red Sleigh. Call and ask for one of the chicks, Carolyn or Sue.

Raggy-O Chutney  
Smithfield  
(888) 4 CHUTNEY





## BREAD AND BEAN SOUP MIXES

They are quick to make and delicious. They make a whole and wholesome meal: bean soup and bread. The packaging alone is beautiful: a layered bean mix.

You can get a dis-

count if you order 12 or more of the following: Heirloom Gingerbread, Southern Spoon Bread, Lots of Love Soup Mix and Mexicali Soup Mix. There are some two dozen mixes, priced from \$4.50 to \$6.50 each. Ask for the mail order list.

*Lots Of Love, Inc.*

Boone

(704) 264-4539

## CAFÈ SALAD DRESSING

Cherries Café at the Meadowbrook Mall in Clemmons makes a salad dressing that has satisfied café customers since 1989.

"It's a step back to homemade goodness."

*Cherries Café  
Clemmons  
(910) 766-4088*



## SAUCY ALTERNATIVE

It's called Blackie's Dry Rub. And it's good on any meat, seafood, even vegetables. An alternative to barbecue sauces, and doesn't take hours to make like marinades. A

good way to spice up mealtime. Give it to your barbecuers. It's available in gift packs.

*Blackie's Dry Rub*

Charlotte

(704) 553-7461

## FARM-RAISED FISH

Premium quality catfish grown and processed in North Carolina since 1986. Carolina Classics catfish is available cut into fillets, strips,

nuggets and as whole fish. They also have premium quality farm-raised bass and salmon.

*Carolina Classics Catfish  
Ayden*

(919) 746-2818



## RED BIRD

### OLD-FASHIONED CANDIES

They've proudly been making Red Bird Brand old-fashioned candies in Lexington for over 100 years. "We still make candy in small batches over an open cooker, the same way the Ebelein family did when they started producing candy in 1890."

*Piedmont Candy Company  
Lexington  
(910) 248-2477*



## HERBAL WINES

Fine herbal wines fermented with organically grown herbs and freshly squeezed lemon juice. Rosemary, tarragon and basil wines are available along with the Herbal Wine Cuisine Cookbook. Use them to create delicious and healthful dishes, or as a marinade, sauce or dressing. The only limit is the chef's imagination. [www.wildherbwinery.com](http://www.wildherbwinery.com)

*Wild Herb Winery*

Cary

(919) 319-0527





## TAR HEEL

### TREASURE CHEST

"The Best of North Carolina" in a wooden crate: Carolina Cupboard BBQ sauce, Crook's grits, Seaweed Splash dressing, blackberry preserves, Tar Heel pasta, Popcorn-on-the-Cob, Carolina Night Crawler snacks, NC roasted peanuts, Homestyle water crackers, Moonshine chocolate cordials, Hospitality mints, Candy Peach buds, chocolate blueberries,

Moravian spice cookies, cheddar cheese straws, Carolina Cupboard honey mustard, Hatteras Blend coffee, Carolina Ham sausage and pecan pralines. Also available with a bottle of Chateau Biltmore chardonnay. Treasure Chest is \$59.95 (with wine \$65, wine alone \$15).

*A Southern Season*

*Chapel Hill*

(919) 929-7133



## CANDLES OF HOPE

These candles are hand-made by disadvantaged women and men in Durham

who share a vision of financial independence and community improvement. Proceeds from sales help brighten their future. Made of pure beeswax, naturally fragrant, smokeless, dripless. Sold at One World Market in Durham and 10,000 Villages in Raleigh. Call for other purchasing information.

*Candles of Hope*

*Durham*

(919) 286-0464.

## BARBECUE SAUCE AND

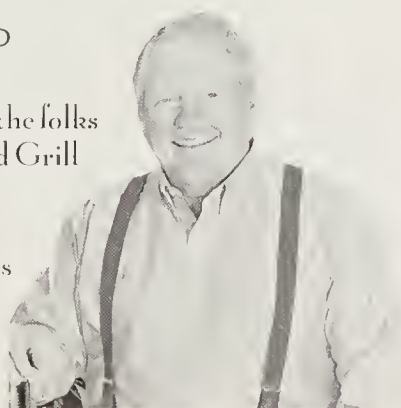
### BREADER MIX

From Brad Holland and the folks who invented the Holland Grill come Carolina Barbecue Sauce and Carolina Breadier Mix. It's delicious on pork, beef, chicken or ribs. Good gifts for the outdoor chef.

*The Holland Grill*

*Apex*

(919) 387-1633



## GOURMET MIXES

A taste of the Appalachian Mountains. Add these fat-free mixes to beverages, drizzle over desserts, or add to your favorite recipes. Cinnamon, amaretto, rasp-

berry, hazelnut, and praline. Cinnamon mix added to warm apple juice or cider makes a delicious wintertime beverage. Hot Nog uses are limited only by your imagination.

*Hot Nogs*

*Boone*

(704) 264-1164



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**Hot Nogs**

A Taste of the Appalachian Mountains  
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Boone, NC 28607  
704-264-1464  
704-264-0015 FAX

**GOURMET MIXES**

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Amaretto  
Raspberry  
Hazelnut  
Praline*

Add to beverages, desserts, or your favorite recipes. Hot Nog uses are limited only by your imagination!

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Handmade in Raleigh, these chocolates are just right for holidays, weddings, entertaining or as a gift to yourself.

Chocolates are available by the piece, by the pound or in an assortment of gift boxes shipped anywhere in the U.S.

In Raleigh at Ridgewood Shopping Center or at [service@geldof.com](mailto:service@geldof.com).

*Geldof Chocolatier*  
*Raleigh*  
(919) 834-9188





## CLEAR RUN FARMS



### PREMIUM PORK

From fresh hams to country sausage and home-made-style pudding, Clear Run Farms prepares everything "as if it were for our own family." The retail store in Harrells is open seven days a week. "If you're not sure where we are, give us a call

and we'll point you in the right direction." They prepare gift baskets and take mail orders.

*Clear Run Farms  
Harrells  
(800) 863-7619*

### CHEESECAKES

Send a North Carolina cheesecake anywhere in the U.S. Two sizes, 15 flavors. At the 70 West retail store there are four sizes and 15 flavors, as well as southern cheese biscuits, party foods, pie mixes, muffin and bread pots, candy and more. They will create a gift basket full of goodies.

*70 West Cheesecakes  
Burlington  
(910) 229-7701*



### GRANDMA'S KITCHEN

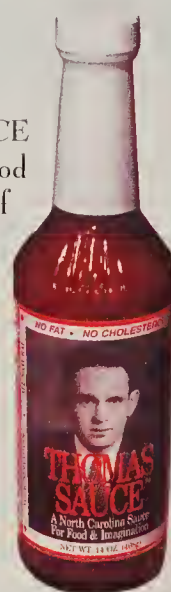
70 varieties of homemade preserves and jellies, old-timey pickles and relishes, molasses, grits, honey, gourmet foods, cake in a jar, candies, nostalgic gifts, Tom Clark gnomes, gourmet gift baskets, mountain music... This place is all Southern hospitality, since 1963. They'll prepare gift packages for you. Ask for a free catalog or visit the store.

*Forge Mountain Foods & Gifts  
Flat Rock  
(800) 823-6743*

### THOMAS SAUCE

"A North Carolina sauce for food and imagination." They say if you can broil it, bake it, mix it, baste it, stir it, grill it and dip it, then Thomas Sauce makes it. No fat or cholesterol. For nearest availability, call

*Thomas Gourmet Foods  
Greensboro  
(800) TO SAUCE*



### GOURMET PEANUTS

Golden-fried North Carolina peanuts and other gourmet varieties from The Peanut Roaster make great holiday and corporate gifts. The Peanut Roaster was the Goodness Grows Member of the Year in 1996. They have two locations (Cary and Henderson). Call for a holiday catalog.

*The Peanut Roaster  
Henderson and Cary  
(800) 445-1404*







## REAL CHICKEN BASE

Anne's Chicken Base puts rich, full-bodied chicken flavor in your holiday dishes. This paste has chicken as its main ingredient and makes

excellent broth for chicken and

dumplings, soups, gravies and as seasoning for vegetables. A one-pound jar makes five gallons of broth and can be shipped for \$5.50.

Anne's Chicken Base

Harvest Time Foods

Ayden

(919) 746-6675



## RED ELEPHANT HOT SAUCES

These sauces are made of blends of hand-tended, hickory-smoked peppers. "Where's there's smoke, there's flavor," is the motto. They come in Red Elephant regular hot sauce and Weapons Grade extra hot sauce.

\$5 per bottle.

Hot Sauce, Inc.

Indian Trail

(800) 775-7783



## EGGNOG AS IT USED TO BE

Creamy and fresh with a touch of nutmeg. It's simple holiday cheer in a bottle. Farm fresh, too. Maple View Farm Eggnog is available in select locations. Call for details

or email: [Maple View Farm@visionet.org](mailto:Maple View Farm@visionet.org).

Maple View Farm Milk

Company

Hillsborough

(919) 933-3600



## STILL DISAPPEARING FROM CANDY JARS

It's 1924 and in a small North Carolina town, sweet aromas draw children to the windows of a downtown shop. Inside, three candy-makers stir big copper pots to cook up mouth-watering morsels prized across a dozen counties. Candy that good was here

to stay. Butterfields cooks with the same copper kettles, family recipes, freshest ingredients and special care that have kept these treasures disappearing from candy jars everywhere for four generations. Call for the name of a local retail store.

Butterfields

Nashville

(800) 945-5957



## AUNT MERT'S MEAL

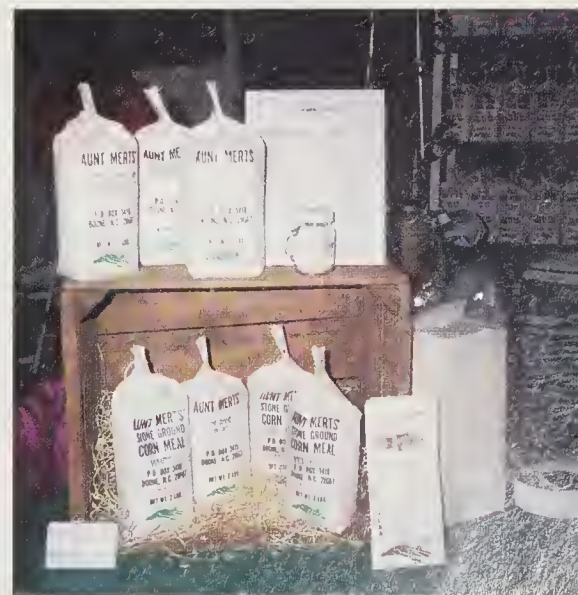
Aunt Mert keeps her grist mill working at full speed so you can make good, country food. White cornmeal, yellow cornmeal, self-rising white cornmeal, grits, buckwheat pancake mix, pancake and waffle mix, hushpuppy mix, cornmeal soaps.

Baskets made on request.

Aunt Mert's Corn Meal

Boone

(704) 297-4002





## MACKEY'S FERRY PEANUTS

Mackey's Ferry Peanuts products are prepared daily here six miles east of Roper in eastern North Carolina's peanut country. They specialize in gift assortments and raw shelled peanuts. You also can get your peanuts fried,

sugar-coated or chocolate covered. Peanut brittle,

too. All nicely packaged. Get a price list and catalog. They ship mail orders daily.

*Mackey's Ferry Peanuts and Gifts*  
Roper  
(919) 793-2993



## OLD-FASHIONED CANDY

Candies handmade from recipes over 100 years old. Flavors include Peach Goodies, Lemon Pillows, Cinnamon Pillows, Coconut Ice, Peppermint Pillows, Fancy Mix (Christmas candy) and Peanut Bites. They take orders by phone.

*Heritage Candy Company*  
Farmville  
(919) 753-2910



## SOME LIKE IT HOT

A gift pack of hot sauces from Yadkin Point Farms. Sauces are marinade, buffalo wing

sauce, jerk seasoning, pepper sauce and game seasoning. These gift packs make good individual presents or corporate gifts (\$24.99 retail). Call for shipping details, or e-mail [hwoltz@ols.net](mailto:hwoltz@ols.net)

*PA CHAI Seasonings*  
Advance  
(800) 333-6831



## COUNTRY SAUSAGE

Try this "Sausage Dip": 1-lb. Neese's sausage (hot or mild), 8-oz. cream cheese, 1 can tomatoes and chilies. Brown sausage, drain and crumble. Add cream cheese, tomatoes and chilies. Heat and stir until cream cheese has melted and all ingredients are mixed well. Serve with tortilla chips. For free recipe card set contact

*Neese's Country Sausage*  
1452 Alamance Church Rd.  
Greensboro, NC 27406



## GOAT MILK SOAPS

No kidding! Handmade and handcut in Davidson, the soaps are created with goat's milk. Soap is non-drying. Bars last a long time and give abundant lather. The goat milk soap has been formulated by the owner, soapmaker and registered dietitian, JoAnne Roberts since 1995. For a complete list of soaps, send self-addressed stamped envelope to

*No Kidding!! Goat Milk Soaps*  
PO Box 366  
Davidson, NC 28036







## MORAVIAN COOKIES AND MORE

The "original" cookies (since 1938) come in six flavors: spice, sugar, lemon, walnut, chocolate and butterscotch. Then there are the cheese straws, from mild to very hot: mild, jalapeno, haberno. And then there are Moravian stars, Moravian stoneware and gift baskets. The tubes are nice, too.

*Moravian Cookie Shop*  
Winston-Salem  
(910) 924-2913



## FAT-FREE SALADS AND SPREADS

These are new from North Carolina's own Star Food

Products. Chicken salad, pimiento cheese, cole slaw and potato salad that are fat-free and taste good. Ask the Meat Department or deli in your favorite supermarket for Star's.

*Star Food Products*  
Burlington

## *Fat Free* SALADS & SPREADS

**FRESH and DELICIOUS**

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**BARBECUE AND THE FIXIN'S**  
Murphy House has been making barbecue and the fixin's since 1951. You can place a mail order, and even have it shipped overnight

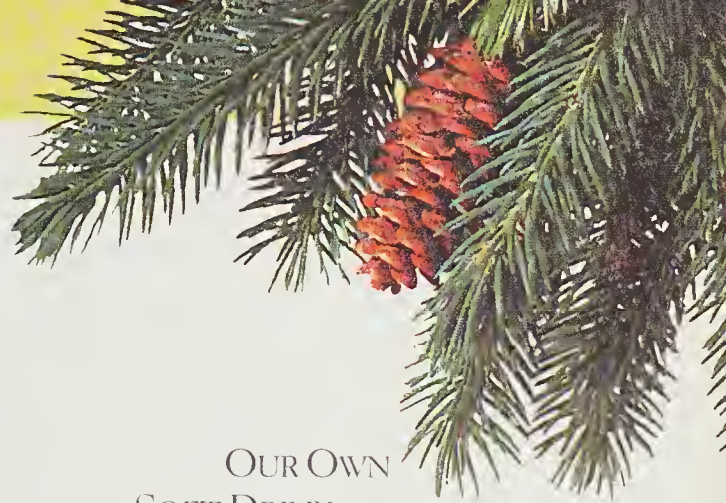
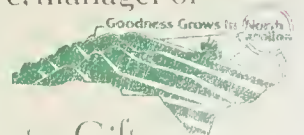
anywhere in the US.. Pork barbecue, Brunswick stew, eastern barbecue sauce, all-purpose barbecue sauce, hushpuppy mix and boiled country hams.

*Murphy House Barbecue*  
Louisburg  
(800) 592-2283



Assembled on behalf of North Carolina's electric cooperatives by Carolina Country and Emily Vinaigre, Division of Marketing, N.C. Department of Agriculture, manager of the "Flavors of Carolina" program.

To reserve space in the 1998 Carolina Country Gift Guide, call Jennifer Boedart Hoey and ask for a rate card. (800) 662-8835, ext. 3077.



## OUR OWN

## SOFT DRINK

Cheerwine has been made in Salisbury since 1917. The alcohol-free, effervescent, burgundy-colored drink pops when poured over ice. It has a bold, cherry taste and stays bubbly. It has a fanatic and loyal following



among those who love it. The newer Diet Cheerwine tastes nearly identical to the original. Made by Carolina Beverage Corp. In stores throughout North Carolina and the South.

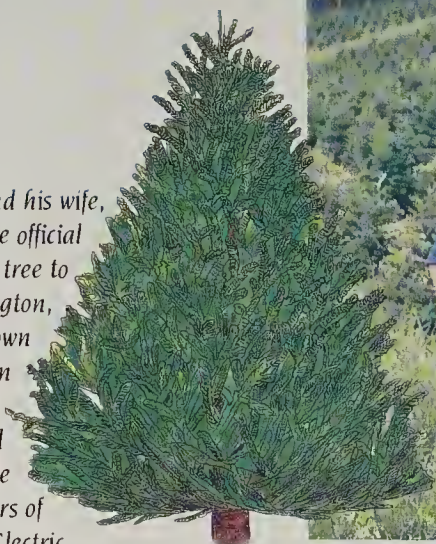
*Cheerwine*  
Salisbury  
(704) 637-5881



# Carolina Christmas Trees

North Carolina Fraser fir tree goes to the White House

Sanford Fishel (left) and his wife, Deborah, will present the official White House Christmas tree to Hillary Clinton in Washington, D.C. later this month. Shown here with their children Maggie (left) and Sarah Beth, the Fishels and Grouse Ridge Farms in Ashe County are members of Blue Ridge Electric.



One of North Carolina's own will be spending the holiday season at the White House this year. Later this month, Sanford and Deborah Fishel, of Grouse Ridge Farms in Ashe County, will personally present their 18-foot North Carolina Fraser fir to First Lady Hillary Clinton in the Blue Room. This is the eighth North Carolina Fraser fir to be selected as the official White House Christmas tree, a record unmatched by any other species.

The Fishels earned this opportunity by winning the North Carolina Christmas Tree Association's annual contest in 1994 and the National Christmas Tree Association's biennial contest in 1996. White House representatives came to the Fishel farm in October to choose the actual tree that will end up in Washington.

While the Fraser fir is popular at the White House, it has also been judged as the nation's best by the National Christmas Tree Association. Its deep green color, pleasant aroma and long lasting needle retention have made it the nation's most popular Christmas tree. North Carolina produces over 16 percent of the Christmas trees grown in the country and ranks first in dollars made per tree.

An average Christmas tree takes 12 to 15 years to reach a marketable size of 6 to 8 feet. Sanford Fishel, a former technician with the Soil Conservation Service, replaces every cut tree with one or two seedlings grown on the Grouse Ridge nursery plots.

Presenting their tree to Mrs. Clinton fulfills a lifelong dream for the Fishels. "Our whole family is so excited at the opportunity to take one of our North Carolina Fraser Firs to the White House this fall," said Deborah. Since their college days at Gardner-Webb University, the Fishels had worked towards owning their own tree farm. After years of planning and hard work they bought their first tract of land in 1981. They now own over 500 acres in the mountains of North Carolina and Virginia.

The Fishels are members of Blue Ridge Electric Membership Corporation. They are Moravians from Winston-Salem, active now in the Friendship Baptist Church in Jefferson. They also are busy home-schooling their two daughters, and Deborah is developing a business making Moravian chicken pies. The farm spreads into Alleghany and Ashe counties and Virginia. Its stables are home to registered quarter horses.

North Carolina Fraser fir farms have supplied the official Christmas tree to the White House seven times before. Other winners were Kermit Johnson of Avery County, Homer and Bruner Sides of Alleghany County, Hal and Sara Johnson of Ashe County (twice), R. Bruce and Michael Lacey of Avery County, Wayne Ayers of Mitchell County, and Ron Hudler and Danny Dollar of Ashe County.

—Laura Maynard



## Choose and cut your own Christmas tree

There are over 400 choose-and-cut Christmas tree farms in North Carolina, many of them operated by families who are members of an electric cooperative.

This year, the state Christmas tree association has published a statewide guide to these farms (see resource information below).

In addition to the fresh air and fragrant trees, many farms offer special attractions like sleigh or hay rides, hot cider or a visit with Santa Claus.

Most farms offer hundreds of trees in a variety of sizes and shapes. Once you've made your selection, you won't have to worry about the saw — the farm owner will provide that. They also may help you cut down the tree.

The most popular tree in the mountain area is the Fraser fir. The most popular tree in the foothills and eastern areas is the red cedar and white pine.

Like all Christmas trees, these trees require several years of close attention before they are ready to decorate a family's home. From the time the tree is planted

in the ground to the day it's taken home by the customer, a Christmas tree is sheared, pruned, fertilized and protected from pests and diseases so that one day it can stand as the center of the holiday celebration.

The choose-and-cut farms in your area are open for the Christmas season around December 1. To find the farm nearest you, contact one of these offices and ask about the new directory.

For eastern N.C.: Laurie Wood, marketing specialist/NCDA and Eastern N.C. Christmas Tree Growers Association: (910) 525-3444. E-mail: ncs0522@interpath.com

For western N.C.: Pat Wilkie, N.C. Christmas Tree Association: (704) 262-5826.

For eastern or western resources: Bill Glenn, marketing specialist/NCDA: (704) 253-1691.

## How to select and care for a real Christmas tree

First, test it for freshness. Gently grasp a branch between your thumb and forefinger and pull it toward you. Very few needles should come off in your hand if the tree is fresh. Second, take a look at the ground around the tree. You should not see excessive amounts of green needles on the ground. Some interior loss of brown needles is normal and will occur over the lifetime of the tree.

Once you've chosen your tree, keep it in a sheltered, unheated area such as a porch or garage to protect it from the wind and sun until you're ready to decorate it.

Before you set up your tree, make a fresh, straight cut across the base of the trunk (about a quarter of an inch up from the original cut) and place the tree in a tree stand that holds at least one gallon of water.

Real trees need water daily. Never let your tree stand go dry.

A seal of dried sap will form over the cut stump if the water drops below the base of the tree, preventing the tree from absorbing water when the stand is refilled. If a seal does form, another fresh cut will need to be made.

A tree will absorb over a gallon of water in the first 24 hours and one or more quarts a day thereafter. Water is important because it prevents the needles from drying and the boughs from drooping.

In addition, keep your tree away from heat and draft sources like fireplaces, radiators and television sets. Test your light cords and connections before hanging them on the tree to make sure they're in good working order. You don't want to use cords with cracked insulation or broken or empty sockets. Also, be sure to unplug lights before you go to bed or leave the house.

### Mail order Christmas trees

Many catalog companies have introduced Christmas trees by mail. Buyers can place their orders in advance of the holiday season for delivery of a fresh tree, usually in early December. Mail order trees also make easy festive gifts for friends, family and business associates.

Here are a few mail order companies you may want to contact:

Bald Mtn. Farm  
Todd, NC  
(910) 385-6419

Cartner Christmas Tree Farm  
Newland, NC  
(704) 733-2391

Highland Fraser Firs  
Plumtree, NC  
(800) 372-3477

Laurel Springs Fraser Firs  
Laurel Springs, NC  
(800) 851-2345

Omni Farms, Inc.  
West Jefferson, NC  
(910) 982-3475





# Chef Bob's Recipes

Straight from the NC Governor's Mansion

*Each holiday recipe is made with products grown or raised in North Carolina.*



*Chef Bob Passorelli is the former executive chef in the Governor's Mansion.*

## Grilled Sweet Potatoes

### Marinade

2 tablespoons lemon juice  
2 tablespoons olive oil  
1 teaspoon thyme leaves  
1 teaspoon sugar  
1 / 2 teaspoon salt  
2 cloves garlic, diced  
Mix ingredients together.

### Dish

2 sweet potatoes  
1 red bell pepper  
1 red onion  
Slice and simmer sweet potatoes in boiling salt water. Do not overcook. Skewer sweet potatoes, alternating with sliced onions and peppers. Brush with marinade and grill until well browned.



## Billy Squire's Deep Fried Turkey

Do this outdoors, away from small children.

Fill large, tall pot 1/2 to 2/3 full of peanut oil. Using a sturdy gas burner, heat the oil to 350-375 degrees. Carefully dry a whole, defrosted turkey. Season well with salt and pepper. Lower the seasoned turkey slowly into the hot pot. Add more oil if necessary. Devise a way to remove the turkey before you begin. Chicken wire works well.

Cook for 5 minutes per pound. The turkey will float when it's done, but checking with meat thermometer is advisable (170 degrees).

This is a great thing to do at your next Pig Pickin'. Please make sure your burner is sturdy and stable, and that you keep people away from the cooking oil, especially when placing or removing turkey from hot oil.



# BBQ Pork Ribs

4-6 lbs. pork ribs

Simmer ribs in salt water until tender – 45 minutes to one hour. Push fork between rib bones. If fork slides out easily, ribs are done.

## Carolina Cola Sauce

I make this sauce when I have 1/2 bottle of soda left that no one will drink. Don't use diet sodas; heat makes them taste bad. Boil 6-8 cups of flat soda in stainless steel pot until reduced to syrup.

1 cup catsup  
1/2 - 3/4 cup red vinegar  
2 tablespoons oil  
1 small sliced onion  
1 clove garlic  
1 tablespoon sesame oil  
1 tablespoon soy sauce  
1 pinch cayenne pepper  
1 tablespoon hot sauce  
1/2 cup yellow mustard



Combine all ingredients except mustard. Simmer for 30 minutes to an hour. Add mustard at end. If sauce is too sweet, add vinegar. If not sweet enough, add brown sugar.

Brown pork ribs on grill. I like to use aromatic wood. If you have a gas grill, try spraying liquid smoke onto the ribs with a spray bottle. Sauce will burn if cooked too long, so it should be used at the end. Serves 4-6 people.

# Peaches Melba

1 pound cake or angel food cake  
1 jar raspberry preserves  
1/4 - 1/2 cup water  
4-6 ripe peaches  
sugar as needed  
2-3 cups whipped cream  
1 pint raspberries  
1/2 gallon vanilla ice cream  
Heat raspberry preserves with water, thin as necessary to make syrup-like sauce. Strain seeds if desired. Peel and slice peaches. Add sugar as needed. Slice pound cake and put on individual plates or place in large bowl. Scoop ice cream onto cake. Top with peaches. Spoon sauce on peaches, top with whipped cream and raspberries. Serves 4-6 people.

# Baked Apples with Crème Anglaise

4 small to medium apples, peeled in strips and cored  
4 puff pastry 4" x 4" squares (sold in freezer section at most grocery stores)  
cinnamon  
brown sugar  
raisins  
1 egg  
1/4 cup milk

Beat egg and milk together. Defrost and cut puff pastry following package directions. Place apples in center of pastry squares. Fill center of apples with raisins and brown sugar. Brush apples with egg wash and fold pastry up the sides. Press pastry around the apples. Sprinkle with lots of cinnamon. Bake at 375 degrees for 45 minutes to one hour or until apples are soft and pastry is browned.

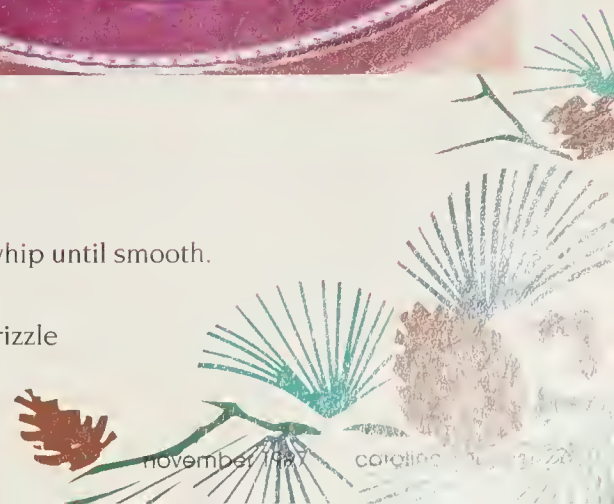


## Crème Anglaise

1 pint heavy cream, hot  
1/4 - 1/2 cup sugar  
1 teaspoon vanilla  
2 tablespoons butter  
2 tablespoons flour

Cook flour and butter together for 3 minutes. Do not brown. Add hot cream and whip until smooth. Add sugar and stir until it dissolves. Simmer for 2 minutes. Add vanilla at end.

Pour pool of crème anglaise onto a plate. Place whole apple in the middle and drizzle North Carolina sourwood honey on top.







## Carolina Close-up

compiled by Laura Maynard

### Harnett County packhouse becomes a country store

Pa's Packhouse is a new country store in Harnett County that once was a tobacco packhouse built by the late Carlton Edward McCormick.

The country store carries old things, such as glassware, tins, pictures and lamps, as well as new things, such as local art and crafts, Seagrove pottery, wooden furniture, pie safes, wreaths, Charleston candles, snow babies, dolls and baskets. There's also a children's section.

In the early 1950s, McCormick, his brothers and local carpenters built the packhouse for grading and tying tobacco. His daughters, Janet and Inez, played in there while growing up, and, as Janet tells it, she worked in there while Inez daydreamed. Recently, Inez and her husband moved the packhouse from the field to a sunny hill and converted it to a country store. The store is served by South River Electric Membership Corporation.

On Nov. 13-16 Pa's will have a sale to raise funds for the Harnett County chapter of Habitat for Humanity.

The store is located midway between Sanford and Lillington on Mt. Pisgah Rd. Hours are Thursday-Saturday 10 a.m. to 6 p.m. and Sunday 2 to 6 p.m. Phone: (919) 499-0997.



### Arts go online in Fayetteville

The Arts Council of Fayetteville/Cumberland County is bringing the arts to you through the Internet. A grant from the National Endowment for the Arts (NEA) and the Benton Foundation has allowed the council to become an Internet access site for "Open Studio: the Arts Online." The Arts Council was one of 47 organizations nationwide to receive this honor.

The program is offering free public Internet access and staff assistance for those interested in finding out more about the arts. It is intended to help the community and artists by increasing the presence of the arts on the Internet. For more information, contact The Arts Council of Fayetteville/Cumberland County at (910) 323-1776.

### Concerned about stroke and heart rhythm?

North Carolinians concerned about heart rhythm and stroke conditions should ask their physicians about a standard measurement called international normalized ratio (INR).

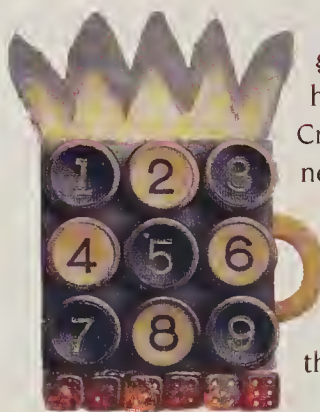
A statement on the measurement was issued recently in the South, because of the relatively high incidence of stroke in southern states.

The statement issued by a stroke awareness project funded by the Health Care Financing Administration is for people suffering from atrial fibrillation (AF), a heart rhythm problem that is commonly treated with the blood-thinning medication warfarin, also known as Coumadin®.

The statement, endorsed by the National Stroke Association and American Society of Internal Medicine, calls for patients to use INR, a measurement that determines the effects of blood-thinning medication. Patients who rely on warfarin should know their INR number (the safe range is between 2.0 and 3.0) and comply with physician orders to have their blood tested and medication dosage reviewed on a regular basis as determined by their physician.

More information is available about stroke, AF and INR by contacting the MAPS project office at 501-227-9585 or visiting the web site at <http://www.preventstroke.org>. Either source provides an 800 number for further information.

### Unusual art crafts come to Charlotte fair



Looking for that unique holiday gift? The American Craft Council is holding its third annual Charlotte Craft Fair on December 12-14 at the new Charlotte Convention Center.

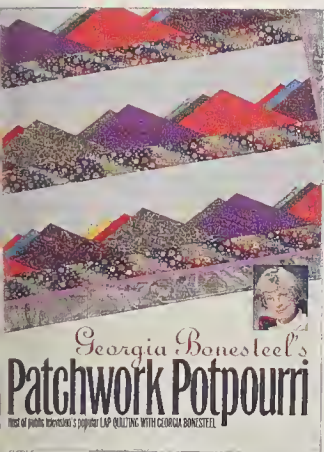
The fair will feature over 200 artists, with artwork prices ranging from \$20 to several thousand.

The fair is an opportunity to see the work of nationally known artists,

as well as regional ones. Some include Paul Freundt, Winthrop Byers and Michael Mode. Admission is \$5 for adults, \$8 for a two-day pass and free for children under 12. Contact the American Craft Council at (704) 331-8187 for tickets, directions and show information.







## "Lap Quilting with Georgia Bonesteel"

Georgia Bonesteel, of public television's "Lap Quilting with Georgia Bonesteel," has recently introduced a step-by-step guide for quilting enthusiasts. Her new book, "Georgia Bonesteel's Patchwork Potpourri," includes easy-to-follow directions accompanied

by precise diagrams, color photographs and accurate cutting guides. The book also features helpful tips on buying materials and choosing tools. It is available at craft stores and through the University of North Carolina Press for \$21.95. For more information call (800) 848-6224.

## New journal looks at N.C. whitetail deer tales

North Carolina whitetail deer and wildlife conservation are the main topics of a new quarterly magazine published by P.M.D. Publications in Bahama.

The North Carolina Whitetail Journal premiered this fall with 40 pages focused on North Carolina whitetail deer, hunting, ecology and related outdoor sports products.

The first issue includes articles and photos by hunters from around the state who hunted whitetail deer with bow and arrow, muzzleloaders and other firearms. There is also a section by youthful hunters, a Barnett's Feeding times table, harvest report, biologist's report and stories about Tar Heel hunters with out-of-state tales.

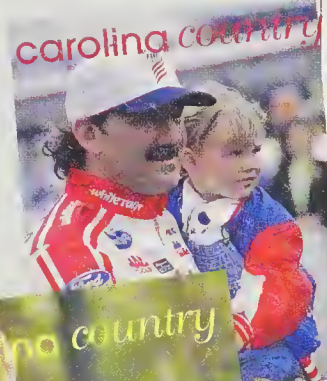
The journal is looking for personal stories about whitetails in North Carolina. "Our philosophy is hunter first, writer second," says publisher Todd McDonald, a sportsman himself who asked nearly everyone he knew about tales for the magazine. "So let us hear from you."

The motto published on the masthead reads: "The journal strongly believes in fair chase and ethical hunting practices along with having respect for all wildlife."

McDonald says the journal will be published every three months. It is for sale at hunting accessories stores, Wal-Mart, K-Mart, convenience stores and most newsstands for \$2.95, or by subscription (\$10 for four issues) from P.M.D. Publications, 7613 Country Knoll Rd., Bahama, C. 27503. Phone: (919) 479-1692.



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© by Charles Joyner

## Say Watt?

A tattoo artist's customers know he

-----

Moving from letter to adjacent letter, in the square below, start at H on the top row and go to M on the bottom row to spell out the 16-letter answer. Use each letter only once. Moves can be made in any direction: left, right, up, down, or diagonally.

|   |   |   |   |
|---|---|---|---|
| S | H | N | O |
| D | A | T | S |
| I | E | N | H |
| S | G | E | M |

## Math Words

FALL into PLACE

M  
7

FALL | PLACE

-----

If  $M = 7$ , can you make the rest of this puzzle fall into place? Replace the letters with digits. The repeated letters stand for repeated digits in this division problem.

"A bird in the bush is worth two in the hands."

Ask any turkey where he or she stands.

A bird in the straw or a bird in the hay

Is much better off on Thanksgiving Day.

A day of thanksgiving? It may be for you,

But look at the thing from us birds' point of view:

It's not an occasion that thrills and

delights us

To know we'll be feeding the

hand that will bite us."

TALKING  
TURKEY



## Southern Exposure

"All I know is what I read in the papers," Will Rogers used to say. I recently read an ad in the Hendersonville paper offering a wedding dress for sale at Second Time's A Charm.

The Associated Press had a story about a man whose car overturned in Cumberland County. "He was thrown from his vehicle to Friday night."

After another recent auto accident, a Flat Rock woman went home to notify her husband and then returned to the scene. Officers charged her with felony hit and run "because she left the scene before coming back."

And a boxed announcement on the sports page of the Hendersonville Times-News declared: "Due to an early presstime made necessary by the weather, no scores were unavailable..."





## Coin Show

Nov. 1, Statesville  
Coins, jewelry and cards. Free coin appraisals and admission. National Guard Armory. 9 a.m. - 5 p.m. (704) 873-8002.

## Indian Heritage Festival

Nov. 1-2, Mt. Gilead  
Native American arts and crafts, demonstrations of Native American technologies and food. Town Creek Indian Mound. 1-5 p.m. (910) 439-6802.

## Kingston Trio

Nov. 4, Sanford  
At Temple Theatre. 8 p.m. (919) 774-4155.

## Fall Festival

Nov. 7, Granite Falls  
Horseback rides, petting zoo, auction, Bingo, games. At Dudley Shoals Elementary School. Fundraiser for school includes Green Bay-Panthers tickets and gift certificates. (704) 396-3457.

## Quilt Show

Nov. 7-9, Asheboro  
At the Moring Art Center. For information send SASE to Priscilla Williams, 4373 Craven Pines Rd. Sophia, NC 27350.

## Photography Expedition

Nov. 7-9, Beaufort  
Conducted by Dennis Shultz. Photo sessions will include visualization of images and "morning and evening light" photography of natural settings. Cost is \$135 (\$120 for Friends of the Museum). North Carolina Maritime Museum Field Station. (919) 728-7317.

## Homecoming

Nov. 8, Ansonville  
Annual Fire and Rescue homecoming. Barbecue, arts, crafts and parade at 3 p.m. (704) 826-8910.

## Mattamuskeet Fun Ride

Nov. 8, Swan Quarter  
Bike around Lake Mattamuskeet. Lunch and t-shirts provided with advance registration. Also, vintage car show. 1-888-HYDE-VAN.

## Fall Festival

Nov. 8, Winsteadville  
Arts, crafts, woodworking, home-baked and canned foods, gospel music, barbecue and fish stew. At Bethany United Methodist Church. (919) 964-2338.

## Arts and Crafts Show

Nov. 8, Indian Trail  
Sponsored by the Indian Trail Lioness Club. Includes over 30 exhibitors, food and prizes. Sun Valley High School Cafeteria. 9 a.m. - 3 p.m. (704) 289-3447.

## Horse and Mule Day

Nov. 8, Denton  
19th century arts and crafts, steam train rides, petting farm and bluegrass music. Denton Farm Park. 9 a.m. (910) 859-2755.

## Arts and Crafts Holiday Fair

Nov. 8-9, Williamston  
Martin County Farmer's Market on US 64. Saturday, 9 a.m. - 7 p.m.; Sunday, 1 - 5 p.m. (919) 792-1539.

## Military Collectors Show

Nov. 8-9, Fayetteville  
Memorabilia of the Civil War, Indian wars, WWI, WWII. At the National Guard Armory. Admission, \$5. Ages 7-12, \$1. (704) 282-1339.

## Marguerite W. Noel Series

Nov. 10 and 20, Wingate  
Nov. 10: Guitarist Emanuele Segre with flutist Patrick Gallois. Nov. 20: Baltimore Consort. At Austin Auditorium on the campus of Wingate University. (704) 233-8038.

## Native American Pow Wow

Nov. 12-14, Wilmington  
Features dancers in Indian costumes, crafts, drums and Indian teepee lodges. Poplar Grove Plantation. (910) 686-4868.

## Carmen

Nov. 13, Chapel Hill  
Performed by the Western Opera Theatre of the San Francisco Opera Center. Presented in French with English subtitles. Carolina Union Box Office, (919) 962-1449.

## Merchandise Mart

Nov. 13-23, Charlotte  
Decorating ideas, cooking demonstrations, craft clinics, musical performances. Monday - Saturday, 10 a.m. - 9:30 p.m. Sundays, 10 a.m. - 6 p.m. (800) 849-0248.

## Cozy Cottage Craft Sale

Nov. 14-15, Kernersville  
Handmade crafts, holiday decorations, baskets and other gift items. Kernersville Community House. Friday, 12 - 8 p.m.; Saturday, 9 a.m. - 3 p.m. (910) 993-2260.

## "Naria"

Nov. 14-16, Lexington  
Journey to a land where it's always winter, but Christmas never comes. Presented by the Lexington Youth Theatre. Edward Smith Civic Center. Friday and Saturday, 7 p.m.; Sunday, 2:30 p.m. (910) 956-2178.

## Sustainable Agriculture Conference

Nov. 14-16, Hendersonville  
Kitchen courses, hands-on farm equipment construction, children's programs, tours of local farms. Keynote speaker, Dr. John Ikerd. At Highland Lake Inn. (919) 542-2402.

## Coastal Kayak Weekend

Nov. 14-16, Beaufort  
Explore the tidal waters of the Cape Lookout National Seashore by kayak. Cost is \$135 (\$120 for Friends of the Museum). North Carolina Maritime Museum Field Station. (919) 728-7317.

## Photography Community Day

Nov. 15, Chapel Hill  
Celebration of photography through exhibitions, hands-on activities and demonstrations.

Ackland Art Museum at UNC-Chapel Hill. 10 a.m. - 3 p.m. (919) 966-5736.

## Pigeon Show

Nov. 15, Mt. Airy  
National Guard Armory. 8 a.m. - 5 p.m. (910) 351-3835 or (704) 652-6895.

## Craft Show and Sale

Nov. 15, Washington  
Local craftsman exhibit and sell their works. Redman Lodge on 3rd Street.

## Angels in the Garden

Nov. 15, Arapahoe  
Craft bazaar and bake sale. Also, county throw blankets and cookbooks. Arapahoe United Methodist Church, Hwy. 306 S. 8 a.m. - 1 p.m. (919) 249-2843.

## Toys & Games Festival

Nov. 16, Hillsborough  
Exhibits, slide shows, and hands-on activities of 19th century toys and games. Burwell School Historic Site in downtown Hillsborough. 3 - 5 p.m. (919) 732-7741.

## Piedmont Painters Show

Nov. 16-23, Hickory  
Exhibition and sale of artwork from 13 local artists. Education Wing of the Hickory Museum of Art. (704) 324-0830.

## Fall Birding Workshop

Nov. 18, Beaufort  
Slide lecture and birding trip. 9 a.m. - 12 p.m. Reservations, \$5. North Carolina Maritime Museum. (919) 728-7317.

## "Holidays Are For Remembering"

Nov. 18-Dec. 31, Reidsville  
A celebration of the 1920s, '30s and '40s with authentic ornaments and displays. Special exhibition by Bob Brenner. Chinqua-Pinn Plantation. Tuesday-Saturday, 9 a.m. - 5 p.m.; Sunday 12 - 5 p.m. Open until 8 p.m. on illumination nights (Dec. 11, 12, 19 and 26). (910) 349-4576.

## Farm-City Festival

Nov. 21, Plymouth  
Eastern North Carolina crafts, educational exhibits and entertainment. 10 a.m. - 3 p.m. (919) 793-2163.

## Christmastown Express Parade

Nov. 22, Concord  
Annual Christmas parade sponsored by Cabarrus Chamber of Commerce. 3 p.m. (704) 782-4111.

## Holiday Craft Fair

Nov. 22, Kernersville  
Proceeds to help build a community playground. Wreaths, swags, jewelry, holiday ornaments, food, hay rides and a raffle. 7005 Avenbury Circle. 10 a.m. - 5 p.m. (910) 993-3624.

## Christmas Bazaar

Nov. 22, Kernersville  
Arts, crafts, food and Moravian chicken pies. Fountain of Life Lutheran Church, Hopkins Road. 8 a.m. - 2 p.m. (910) 996-7125.



## "The Nutcracker"

Nov. 22, Southern Pines  
Presented by Terpsichore and A Living Experience. Includes guest artists and local children. Tickets: \$7/adults, \$5/children and senior citizens. Owens Auditorium, Sandhills Community College. 2 p.m. and 7 p.m. (910) 695-1116.

## Seagrove Sunday

Nov. 23, Seagrove  
Over 50 area pottery shops will be open for a Sunday sale and open house. Earthenware, stoneware, raku and more. 9 a.m. - 5 p.m. (910) 873-7258.

## Southern Pines Holiday Open House

Nov. 23, Southern Pines  
Refreshments and shopping in downtown historic district. 1 - 5 p.m. (910) 692-2620.

## Cameron Open House

Nov. 23, Cameron  
Visit the various antique shops and specialty displays. 1 - 5 p.m. (910) 245-7042.

## Seagrove Pottery Festival

Nov. 23, Seagrove  
Potters and craftsmen from across the state exhibit and sell their works. Seagrove School Gym. 1 - 7 p.m. (910) 873-7887.

## Victorian Christmas

Nov. 23, Hickory  
Experience Christmas at the historic Propst House. 1:30 - 4:30 p.m. (704) 322-4731.

## Mountain Makings Handmade Christmas

Nov. 28-29, Rabun Gap  
Juried art and craft show at Rabun Gap Nacoochee School Gym, Hwy 441. (704) 526-3181.

## Christmas Craft Show

Nov. 28-29, Buxton  
Sponsored by Hatteras Island Arts and Craft Guild. Cape Hatteras School on Hwy 12. 10 a.m. - 4 p.m. (919) 995-5179 or (919) 995-5829.

## Festival of Trees

Nov. 29-Dec. 7, Wilmington  
Experience over 100 beautifully decorated trees, holiday music by local musicians and events for the children. Holiday displays, wreaths and other items will be sold with proceeds benefiting the Lower Cape Fear Hospice. Wilmington Hilton Hotel. 9 a.m. - 9 p.m. (weekdays), 10 a.m. - 9 p.m. (weekends). 1-800-733-1476.

## Festival of Trees and Lights

Dec. 4-7, Pinehurst  
Holiday festival featuring lavishly decorated trees in a family-centered winter wonderland. Pinehurst Hotel. (910) 692-3323 or (910) 695-8415.

## Christmas Open House

Dec. 5-7, Southern Pines  
Local garden clubs decorate the Weymouth Center in live greens and Christmas decorations. \$5. Weymouth Center. 10 a.m. - 4 p.m. (910) 692-6261.

(continued on next page)

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# Are you over 55? "It's All Free for Seniors"

by Murry L. Broach - Staff Writer

Washington DC (Special) Are you over 55... or have a loved one who is? Then you'd better take a close look at this!

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### Open Studio Tour

Dec. 5-7, Chatham County  
Reception and gallery exhibit of work from participating artists at Central Carolina Community College's Pittsboro campus Dec. 5, 7 p.m. Studios are open 10 a.m. - 5 p.m. Saturday, 12 p.m. - 5 p.m. Sunday. Over 40 participating artists. 1-800- GO-TO-CHAT.

### Jackson Christmas Celebration

Dec. 5 and 13, Jackson  
Town illumination and Christmas tree lighting, Dec. 5. Christmas parade on Dec. 13. (919) 534-3741.

### Appalachian Potters Market

Dec. 6, Marion  
Show and sale of handcrafted claywork. Functional cooking and dining items, jewelry, planters, figurines, Christmas items. (704) 652-8610.

### Christmas Open House

Dec. 6-7, Wilmington  
Experience Christmas from 1850. Poplar Grove Plantation. (910) 686-4868

### Civil War Christmas

Dec. 6, Hamilton  
Candlelight tour of Fort Branch, recreated Christmas scenes, campfire caroling, and refreshments. Fort Branch, three miles south-east of Hamilton. 7 p.m. 800-776-8566.

### Parade and Christmas Tree Lighting

Dec. 6, Southern Pines  
Parade begins at 3 p.m. and tree lighting follows. Downtown district. (910) 692-9322.

### Swan Days

Dec. 6-7, Swan Quarter  
Guided wildlife tours, workshops, historic presentations, field dog demonstrations, arts, crafts and food. The Lodge on Mattamuskeet National Wildlife Refuge. Tour reservations made Nov. 17 - Dec. 1 only. 1-888-HYDE-VAN.

### Decoy Festival

Dec. 6-7, Harkers Island  
10th annual festival with decoy painting, retriever demos, auctions, carving, loon calling (919) 728-1500.

## Ongoing

### Bob Timberlake Painting

Through Nov. 8, Lexington.  
Celebrate the release of Timberlake's 100th reproduction with a specially created reproduction of "Midday," available only through the Bob Timberlake Gallery. 1-800-244-0095.

### Photography Exhibition

Through Dec. 31, Charlotte  
"A Moment Preserved: Photography Through the Years." Photographs, ferrotypes, daguerreotypes, old cameras and other photographic equipment. Charlotte Museum of History. Tuesday - Friday, 10 a.m. - 5 p.m.; Saturday and Sunday, 2 - 5 p.m. (704) 568-1774.

### Symmetry: A Universe by Design

Through Dec. 31, Durham  
Explore many aspects of symmetry in a "try-it-and-do-it" exhibition containing 26 hands-on stations. Museum of Life and Science. Monday - Saturday, 10 a.m. - 5 p.m.; Sunday, 12 - 5 p.m. \$5.50/adults, \$3.50/children (3-12) and senior citizens. (919) 220-5429.

### Chair Show II

Through Jan. 4, 1998, Asheville.  
Exhibition of traditional mountain chairs. Folk Art Center's Main Gallery. (704) 298-7928.

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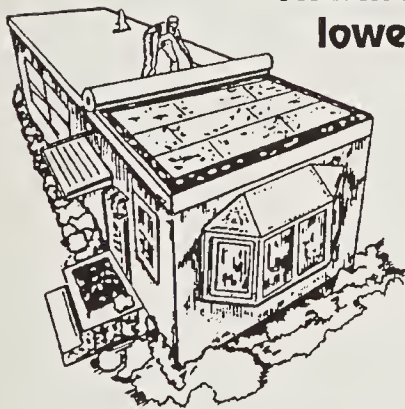
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Recent design improvements in bathroom vent fans provide for more quiet and energy efficient operation than ever before. Many of the new super-quiet ceiling-mounted and remote in-line models are difficult to hear at all. The new styles are designed with low profile grills (some with natural wood) to blend almost imperceptibly into any bathroom decor.

Adequate bathroom ventilation is very important. Excessive moisture quickly diffuses throughout your house causing premature deterioration, mold growth and allergy problems. This not only applies to showering or bathing, but to washing hands and shaving as well. If your old fan is noisy, you most likely do not run it at all at night.

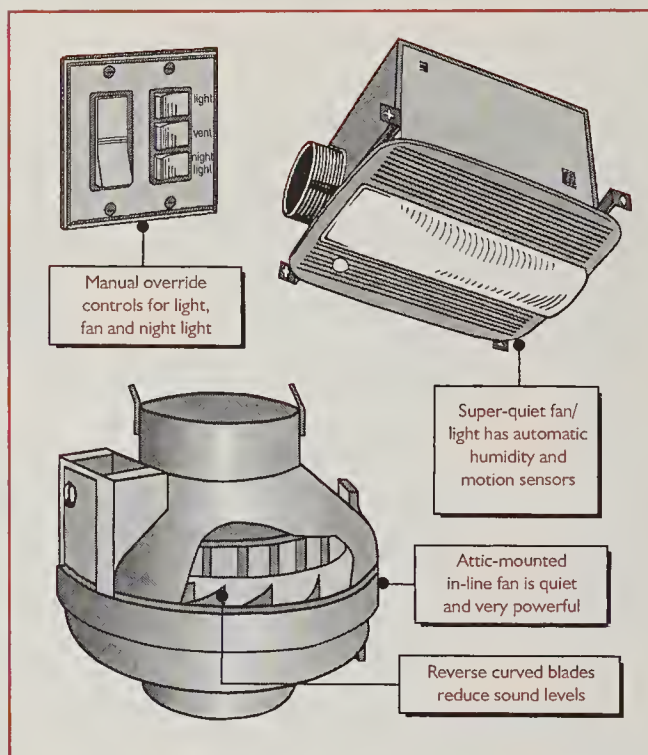
The most efficient new vent fans use only 15 to 20 watts of electricity. Running one is much more efficient than just opening a window and hoping the wind is blowing in the proper direction. Built-in antibackdrafting louvers block the leakage of outdoor air when the fan is not running.

New convenience features also make replacing an old vent fan a wise move. Several models have built-in humidity sensors to automatically control when the fan starts and stops. If you can get your children to use the fan at all, they often forget to turn it off. This automatic feature is a real energy saver. By eliminating overuse, less electricity is consumed and less conditioned air is drawn out of your house.

Several models, like the Nutone SmartSense, take this one step further. These fans also include motion sensors to automatically start the fan and switch on the light when someone enters the bathroom. The light can be set to go off within five to 60 minutes after no motion is detected. This also is ideal for children. All of these automatic controls can be switched off for manual override or used individually.

Many new vent fans have optional fluorescent light fixtures and built-in night-lights. Eighteen-watt fluorescent lights save much electricity. New fluorescent tubes produce flattering color rendition and will not make you look like a walking corpse like old tubes did. The 7-watt built-in night-light is generally adequate light for bathroom use at night. Fasco also uses prismatic drop lens models to dis-

## Bathroom vent fans are quieter, more efficient



tribute the light more evenly.

Since most vent fans look alike, you should compare the sound-level specifications. Sound level is rated in "sones". The quietest new models rate from about only 0.5 to 2.0 sones. Larger fans are usually the loudest. As a reference, 1.0 sone is about as loud as a new quiet refrigerator. The fan packaging should list the sones rating. Don't buy one if the rating isn't listed.

Internal design features make the difference between a noisy and a quiet fan. Special sound absorbing scrolls and flexible motor mounts reduce noise. Even the shape of the interior air chamber has a major effect on the fan's sound.

It is very important to size the vent fan properly for effective quiet operation. Don't just buy a big expensive one. As a rule of thumb, the air flow capacity (in cubic feet per minute - cfm) of a bathroom vent fan should be about 10 percent greater than the square footage of

the bathroom. For example, a 50-square foot bathroom should have a 55 cfm vent fan.

Installing a remote in-line vent fan is a quiet and effective option. The fan, sometimes called a tube fan, is mounted in the attic. It is attached with a flexible dryer duct to a grill in the bathroom ceiling.

Since the fan motor is located away from the bathroom, it is very quiet. By using a "T" duct fitting, one in-line fan can vent two areas simultaneously - two bathrooms or above the sink and in the shower stall. A low-voltage fan/light unit is the only other safe option for the shower itself.

If you do not have easy access to vent the bathroom outdoors, install a ventless ceiling or wall fan by Florida Polymers. It does not remove moisture, but it has a built-in filter element to clean the air. The filter needs to be replaced only every six months.

Send for a buyer's guide of 13 super-quiet bathroom vent fans. The guide includes a listing of airflow capacities, sound levels, features, diagrams, prices and a sizing chart. Send \$2 and a business-size self-addressed stamped envelope, and ask for Utility Bills Update No. 761. The address is James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

To instantly download the material or to read previous columns, see the Web site at <http://www.dulley.com>.

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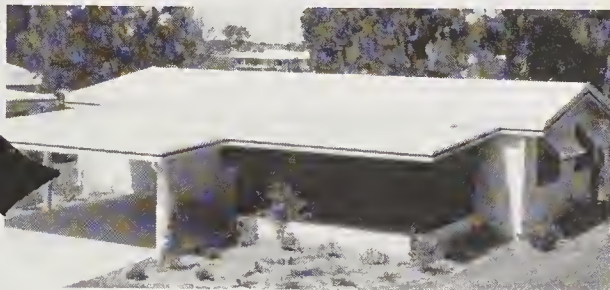


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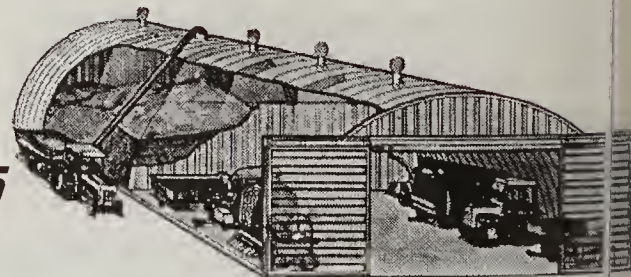
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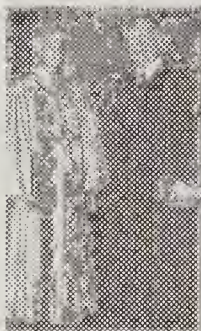


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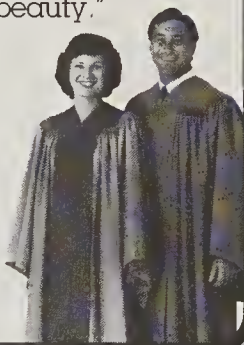
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# Hank's Gardening Guide

by Hank Smith

*As you make plans for winter planting of bare-root trees and shrubs, consider those that will supply foliage color each fall. Don't overlook winter color from berries, as well as interesting bark on the trunks and branches of deciduous plants. Tidy up all outside areas by removing dead plants and pruning out broken or diseased limbs. Give plants a good soaking if water has been scarce.*

*The ground needs to be wet before it freezes. Lack of moisture causes evergreen foliage to dry and fruit and flowerbuds to drop.*



patio gardening



## Roses

Winter winds can tear at fall hybrid tea roses and cause root damage. Wait until plants are dormant — late this month or in December — then cut back to about three feet. It doesn't matter if any shoots grow prematurely during warm spells. Plants need a late spring pruning anyway.

## Lime Time

If soil in your general area is acidic, your grounds probably need liming. November is a good time to attend to this chore. On average, use about ten pounds of lime per 150 square feet. Spread lime evenly over surface. It works very slowly into the soil. Usually, clay soil benefits greatly from an application of lime. If you want specific recommendations concerning lime and other elements in your soil, call your County Extension Office for details on how to have your soil tested.

## Indoor Vines

If grown near a sunny window, these vines' blooms will add winter color. Canarybird (*Tropaeolum perescandens*), Cup-and-Saucer (*Cobaea scandens*), Black-eyed Susan (*Thunbergia alata*) and climbing Nasturtium do well. On cloudy days, it helps to focus a fluorescent light on the vines. Even light from a floor or table lamp is helpful.

## Sweet Peas

This ornamental member of the Legumes family produces fragrant blooms when planted in fertile soil. Make a trench 12-14 inches deep. Incorporate well-rotted cow manure and compost. Plant seed about six inches deep. Space four inches apart. To hasten germination, soak seed in water for 24 hours. Plant peas where vines will have support, such as a trellis or wire fence. Sweet peas make their best growth during cool, moist days of early spring. Plants decline with warming days of late spring.

## Alluring Agapanthus

If you're already thinking of next spring's plantings, you may want to order some Agapanthus (Lily of the Nile). This perennial has two to three-foot long straplike foliage. It grows from thick rootstocks and fleshy roots. Flower scapes may be four to five-feet high, although some dwarf varieties grow no higher than 12-to 18-inches. Agapanthus blooms from late spring until fall. Each plant produces one large cluster of blue, purple or white flowers at the top of the stout flower scape. Most plants are evergreen, but some are deciduous. They're grown as container specimens for use indoors or outdoors. Plant in full sun. If the summer is unusually hot and dry, flowers may fade prematurely. These plants thrive in any good garden soil with a good supply of water. Divide the plants every eight to 10 years when they become crowded. In the fall, lift plants and store over the winter, as they are not cold hardy.

## Flowering House Plants

Flowering plants that adorn home interiors during the holidays need special care. They'll last much longer if their requirements for light, moisture, and proper temperature are met. Place them in bright light, preferably sunlight, during the day and in a cool room at night. Check plants daily for dryness. Keep soil moist but not wet using water at room temperature. Usually these plants are potted in special soil which dries rapidly. Permanent houseplants in potting soil or garden soil seldom need as much moisture during winter.

## Bedding Plants

For winter color, continue setting out pansies, calendulas, and ornamental kale this month. Pansies will produce some flowers during warm spells over winter. Since calendulas and ornamental kale sometimes need a bit of protection if severe cold is forecast in higher altitudes, it's safest to delay planting until early spring.



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## Charles Kuralt was a Wilmington native who “just went there to be born”

George E. Kean of New Hill, who is a consumer-member of Tideland EMC, called with a question after reading the September column about Charles Kuralt.

The piece was “really wonderful and had special meaning for me right now,” he said, adding that its “beautiful sentiment” had moved him to tears. “I like the idea of the ‘conspiracy of good people’ and I’d like to be a part of that conspiracy.”

Kean asked if we could help him determine whether Kuralt’s family had any connections with Onslow County. The clippings I’d gathered following the newsman’s death mentioned no such a connection, but I found one in a piece that appeared in Carolina Country in October 1993. It was an excerpt from remarks Kuralt had made when he received the 1993 North Caroliniana Society Award given by UNC.

In recalling memories of his childhood, he pointed out that his mother’s home was on a tobacco farm “in the corner of Onslow County that long-time residents still refer to as ‘Southwest.’”

Kuralt, who was widely identified as a Wilmington native, noted that he had no memory of the coastal city. “I was born in 1934 in Wilmington, but I have no recollection of Wilmington; I only went there to be born,” he said. “We lived in Lumberton, but I do not remember Lumberton; I was too young. We lived in Fayetteville; ditto. My first memories are of Stedman, a hamlet near Fayetteville, where my mother was the home economics teacher at the Stedman school that was within sight of our house.”

Later, the Kuralts also lived in Salisbury, Washington and Charlotte.

“Thinking back on the days before I was six,” Kuralt said, “I see that I was a little boy of no money, but much privilege. I wish every child in our state, and in the world, had the kind of childhood I had in the Depression days of the 1930s in North Carolina.”

## Commencement speech on the net

Another reader wrote to say the “lovely piece” about Kuralt left her wanting to read more of the newsman’s 1985 commencement address in Chapel Hill.

But Marjorie Misiewicz was unable to access the text of the speech on the Internet with the address we had

provided. We dropped her a note with detailed instructions for finding it on UNC’s web site.

If you’re interested in finding it, here’s the complete address: [http://alumni.unc.edu/com\\_address.html](http://alumni.unc.edu/com_address.html).

## Revisiting Satchel Page’s “Rules for Staying Young”

Keith Price of Rutherfordton wrote to us last spring, saying our March column erred in reprinting Satchel Paige’s “Rules for Staying Young,” which includes his famous one-liner about never looking back. Rule No.5 looked like this in our reprint: “Don’t look back. Somebody might be gaining on you.” Price said it should be: “*Something* might be gaining on you.”

He also questioned our version of Rule No. 3: “Keep the juices flowing by jangling around gently as you move.” Price said it should be: “Keep the juices flowing by jangling *your joints* around as you move.”

He’s one for two, according to “Don’t Look Back” by Mark Ribowsky, a 1994 biography of Paige published by Simon and Schuster. The book’s version of the rules includes the “*something* might be gaining on you” quote but makes no reference to “your joints” in Rule No. 3.

Ribowsky points out that the rules were first published as part of a 1953 Collier’s magazine article by Richard Donovan, who “figured out a way to shoehorn some of Satch’s more extraneous badinage into print.”

In a spoof of “the constantly rising phoenix of baseball,” Donovan took the words out of Paige’s mouth, Ribowsky said, adding: “In future years, Satch would come to see the universal merchandising power of these most wiling of nostrums about the human condition – particularly the last one. Appropriating them for himself, he had business cards printed up with a raised-letter rendition of the rules on the back.”

## “A new low even for puns”

One of the puns in our April column prompted Dr. Dan Day, pastor of Raleigh’s First Baptist Church, to write this critique:

“‘No plate like chrome for the Hollandaise!’ This is a new low for even puns. But, gosh, aren’t they fun?”

“I heard recently of a lady, given to malapropisms, who described her new husband to some friends in glowing terms although ‘he does have a secreting hairline.’ Gross image, that.”



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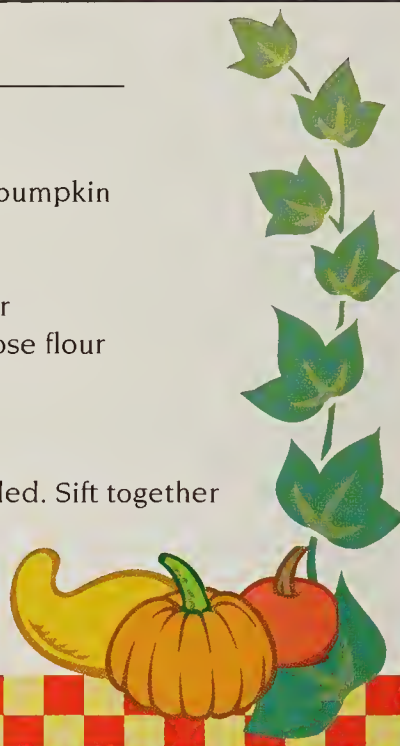


## Recipe Pumpkin Bread

Submitted by Bessie H. Horrell, Ivanhoe

|                                  |                                 |
|----------------------------------|---------------------------------|
| 1 cup brown sugar, firmly packed | 1 (15 oz.) can cooked pumpkin   |
| 2 eggs, unbeaten                 | 1 teaspoon soda                 |
| ½ teaspoon nutmeg                | ¼ teaspoon ginger               |
| ½ cup chopped nuts               | ½ cup granulated sugar          |
| ½ cup oil                        | 2 cups sifted all-purpose flour |
| ½ teaspoon salt                  | ½ teaspoon cinnamon             |
| 1 cup raisins                    | ¼ cup water                     |

Combine sugar, pumpkin, oil and eggs. Beat until well blended. Sift together flour, soda, salt and spices. Add to mixture and mix well. Stir in raisins, nuts and water. Spoon into well-oiled 9 x 5 x 3 loaf pan. Bake at 350 degrees for 65 to 70 minutes or until done. Turn out on rack to cool thoroughly.



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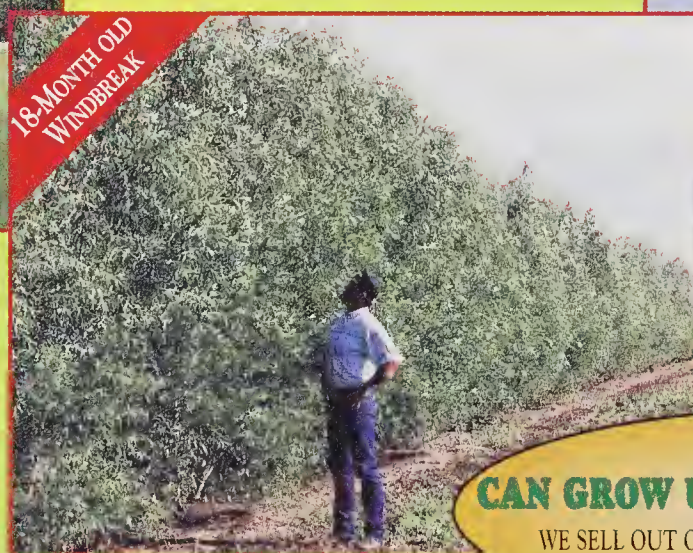
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